BENGALURU, SATURDAY, APRIL 8, 2023 www.Bangaloremirror.com 16 Pages PRICE ₹4

Bangalore Mirror ON SATURDAY

TEMP Max 33 | Min 18 | Humidity 49% Generally cloudy sky Sensex 59,832 | Nifty 17,599 | Gold 60,515 | Silver 74,554 | Dollar 81.84 | Euro 89.26 | GBP 101.63

Encroachment of cycle tracks, non-maintenance, absence of strict enforcement of lane discipline pose risk to cyclists, future of mobility

DEAD PEDAL

'Run online campaigns to raise public awareness'

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Cycle tracks are designed to provide a safe and efficient commute for cyclists. Unfortunately, encroachment of these tracks is a common sight in the city. This has become a major issue for cyclists who solely rely on these tracks for safe and easy commute. While the various departments concerned do work on introducing cycle tracks for citizens, the maintenance of the track is forgotten after their creation; there is no strict enforcement of lane discipline too.

Just outside the Jawaharlal Nehru Planetarium there is a dedicated track for cyclists. The track here is no doubt in a good condition and ensures a safe commute for cyclists. But it is being encroached upon. Many cars have started parking on the tracks.

For instance, when cyclists question the guards at the war memorial hall, there is no response given, due to which cyclists are forced to ride on the road alongside other vehicles, increasing the risk of accidents and injuries.

A regular cyclist in the stretch

CONTINUED ON PAGE 10 »

"On one hand we have necessary infrastructure, but on the other it is encroached upon. So where should the cyclists go?" – Cyclist

Now that's grievance 'redressal'

'Individuals wearing shorts or nighties will not be allowed inside BBMP office' in Bagalagunte

Notice board in front of Dasarahalli zone BBMP office in Bagalagunte says no entry for those in shorts and nighties

Sridhar.Vivan@timesgroup.com
TWEETS @sridharVMIRROR

The Dasarahalli zone BBMP office in Bagalagunte has made headlines after posting a notice board stating that individuals wearing shorts or nighties will not be allowed inside the office. This move has taken the public by surprise, with some questioning the need for a dress code in a public office.

Shashidhar G, a resident of Bagalagunte, expressed his surprise, saying, "We have heard about dress codes in schools and colleges, but hearing this for the first time in a public office. I wonder what prompted the BBMP to introduce a new rule."

Kumar Raj, a resident of Bhuvaneshwari Nagar, shared his experience, saying, "I wanted to inquire about my voter identity card. When I visited the office, I was promptly alerted by the staff at the notice board as I was wearing shorts. When I asked a staff member if the rule was strictly followed, he said that as I was wearing shorts, I won't be let in."

However, an official working at the

CONTINUED ON PAGE 2 »

3 THINGS TO DO

01 Slice of Rajasthan

Catch a special Rajasthani handloom exhibition that is displaying ethnic and contemporary arts and crafts, clothing, handloom sarees, jewellery, home décor, furniture, and handicraft products direct from the artisans and craft persons from across India. **Where: Bdk Kalyana Mandapa, Yelahanka; When: Till April 16, 10:30 am – 8.30 pm Phones: 89518 99961 / 94829 59786**

02 Autism 101

Catch a special webinar that discusses navigating through the challenges of autism. The panellists will spread awareness on this issue and bust many of the misconceptions attached to autism. **Where: Online; When: April 8 Contact: 99805 85774**

03 Just for kids

The Neev Literature Festival has announced fellowships for children's book creators (writers and illustrators). Proposals are invited from creators to produce a book in any genre that has the power to connect with young readers universally. The fellowships will support selected book creators with a grant of Rs 6 lakh each for a period of one year for researching and writing their book. **Last date to apply: June 30, 2023 Apply: nlf-fellowships-for-book-creators.paperform.co/**

Three infants die of covid, experts say don't worry

Doctors attribute deaths to a variety of viruses and other factors at play

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While Covid cases are on rise across the country, Karnataka has its own grim tales of the virus. In the last three days, three babies less than a year old have died of Covid.

This week, a one-month-old boy and two eight-month-old female babies have succumbed to Covid, a worrying number as the variant is considered to be mild for kids.

However, experts say that the severity could be due to a cocktail of viruses affecting kids. Dr Rakshay Shetty (Head, Paediatric Intensive Care Services, Rainbow Children's Hospital Marathahalli) said, "Though there have been reports of death of small children due to Covid, it is not fatal in young children compared to adults. We are seeing a lot of children coming with breathlessness, fever, and pneumonia, and many of them have reasons apart from Covid. We are seeing an outbreak of flu and adenovirus; they die because of severe pneumonia. It is likely that other viruses present with Covid, the children are becoming sick. What we are seeing now is adenovirus and flu making children sick."

Dr Sujatha Thyagarajan, Senior Consultant - Pediatrics & Pediatric Intensive care, stated that the pattern of covid-19 in children has been typically mild over the last three waves, and deaths occurred in children with comorbidities during the second wave. Dr Thyagarajan observed critical care admissions due to Respiratory Syncytial Virus, Adenovirus, Influenza virus, and their mutations, including H1N1 and H3N2, over the last year. She added that recent covid-19-positive children have had mild illnesses compared to the criticality of other seasonal viral infections in children. Most of the cases of covid-19 in children are mild diseases like other viral infections. However, there is a high probability that it can be fatal in children with underlying chronic diseases like heart disease, liver diseases, kidney diseases, malnutrition, and children with immune deficiency. She added that the deaths noted should not be assumed as another big scare.

Dr Vikas Satwik, a Consultant - Paediatrician and Neonatologist at Motherhood Hospitals in Hebbal, Bengaluru, suggested practicing strict and regular hygiene measures to avoid infections, including washing hands thoroughly, using hand sanitiser, and maintaining personal hygiene. He also advised avoiding going out or social gatherings, especially if they want to play with children, and taking utmost precautions for children by guarding them with a mask

Following WHO guidelines such as washing hands after coughing, sneezing, or touching objects, covering the mouth and nose, disposing of used tissue immediately, and washing hands with soap were recommended. Dr Satwik also suggested cleaning the child's toys at least once a day, avoiding close contact with anyone who has cold, fever, or flu-like symptoms, engaging children in indoor activities, avoiding crowded areas, providing nutritious meals with plenty of water, and seeking medical care early if the child has a fever, cough, or breathing difficulty. Breastfeeding can be continued if the mother develops covid-19 disease, but she should take precautions such as using a mask and washing hands before and after contact with the child.

Eating healthy, maintaining hygiene and following covid protocols are the best way to stay safe

'Stay alert, ramp up covid testing'

Amid rising cases of coronavirus, Union Health Minister Mansukh Mandaviya on Friday held a review meeting and advised states to stay alert and be prepared for covid-19 management.

In the meeting with state health ministers and principal and additional chief secretaries held virtually, Mandaviya stressed on identifying emergency hotspots by monitoring trends of influenza-like illness (ILI) and severe acute respiratory infection (SARI) cases, ramping up testing and vaccination and ensuring readiness of hospital infrastructure.

Along with enhancing genome sequencing and ramping up whole genome sequencing of positive samples, he also emphasised on creating awareness about Covid-appropriate behaviour. He also urged the state health ministers to conduct mock drills of all hospital infrastructure on April 10 and 11 and review the health preparedness with district administrations and health officials on April 8 and 9.

It was highlighted that while Omicron and its sub-lineages continue to be the predominant variant, most of the assigned variants have little or no significant transmissibility, disease severity or immune escape. The prevalence of XBB.1.16 increased from 21.6 per cent in February to 35.8 per cent in March, 2023. – PTI

BBMP office says no to shorts and nighties

CONTINUED FROM PAGE 1

office clarified that the dress code was implemented to maintain discipline, with the office enforcing strict covid-19 safety measures. The official stated, "Earlier, the public was not allowed to enter without masks. Now, we want to keep casual visitors at bay, and hence we want to go for a dress code."

Siddarth Sharan, a businessman, compared the new rule to dress codes in schools and colleges, saying, "The reason for dress codes for students is because the institutions need to install discipline. Then, the school association started a dress code saying that the parents who came in night dress were not welcome as it was against the discipline principle of schools. However, now we wonder when BBMP started introducing discipline among the public."

Sumath A, a college student, expressed concern over the dress code, saying, "I don't know if this is a welcome or an ugly move, but I feel that the BBMP offices should open to everyone irrespective of the dress as we need an audience with the officials to redress our woes. I hope that instead of finding fault in the dress, the civic agency should find fault in the infrastructure and fix it with priority. This will augur well for a city like Bengaluru. However, in a cosmopolitan city like Bengaluru, there should be no dress code at all."

When contacted, the joint commissioner of Dasarahalli zone Jagadeesh KH feigned ignorance about the dress code, stating, "I was not aware of any such rule, and I would check the notice board before responding."

The controversy has sparked a debate about the need for a dress code in public offices in a cosmopolitan city like Bengaluru. While some feel that a dress code is necessary for maintaining discipline, others believe that public offices should be open to everyone, regardless of their attire.

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Satellite Ring Rd on path to progress

The importance of highways in the development of infrastructure cannot be overstated, realtors say

The construction of Bengaluru's Ring Road is progressing rapidly, with 76.1% of the first package and 83.05% of the second package getting completed. The total cost of the project so far has been Rs 1,797.45 crore. Additionally, several major highways in the area are also progressing well, including the Tumakuru-Shivamogga section, which is 83.45% complete, and the Challakere Hiriyur section, which is 53.45% complete. The four-laning of Banavara to Bettadahalli is 68.03% done, while the widening of four lanes of Channarayapatna is 58.12% complete.

The importance of highways in the development of infrastructure cannot be overstated, according to realtors. For example, the construction of the Bengaluru-Nelamangala highway has led to property growth beyond Nelamangala, as travelling towards Nelamangala has become much easier. The same trend can be observed on the Hosur road, where the expansion of the highway has aided growth. Realtors are requesting that the government prioritise the expansion of highways to create a win-win situation for everyone involved.

"We request the governments to prioritise the highways expansion so that it can turn out to be a win-win situation for everyone. Highways play a very important role in the development of infrastructure. We need good highways to boost growth. The construction of the Bengaluru-Nelamangala highway and highway expansion in Hosur Road are cases in point," noted Shivakumar, a realtor.

—Prakash VL

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Real Estate Market Sees Big Growth

According to a report by JLL India, sales of apartments in January-March across seven major cities in India have increased by 20% to 62,040 units, marking the highest quarterly sales in the last 15 years. This growth in the Indian residential market in Q1 2023 was driven by several factors, including infrastructure growth, government policies, and robust launches. The top three cities in terms of quarterly sales were Bengaluru, Mumbai, and Pune, with Bengaluru leading the market with a 21% share.

The premium segment of apartments priced above Rs 1.5 crore had a 22% share in overall sales, reflecting rising demand for bigger homes with good amenities and support infrastructure.

– Times Property

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Office leasing

Bengaluru has emerged as a frontrunner in office leasing, recording 3.5 million sq. ft absorption in Jan-Mar'23. Key sectors driving absorption included flexible space operators (29%), technology (21%), and research, consulting, and analytics (16%), according to CBRE report. According to the report, on a pan-India basis, office leasing activity increased by 9% YoY and touched 12.6 million sq. ft during the Jan-Mar'23 period. Bengaluru, Delhi-NCR, and Chennai accounted for 62% of the overall transaction activity during the quarter.

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HOUSING RENT IN GATED COMMUNITIES IN BENGALURU SURGES BY 40%
Housing rent in gated communities in Bengaluru surges by 40%. Report Areas such as the Outer Ring Road and Sarjapur Main Road have also...

'HUNGER GAMES' IN BENGALURU AS HOME RENTS SPIKE. SPRUCE UP YOUR LINKEDIN, BROKERS ARE WATCHING
As companies call back employees to work post pandemic, rent up by 15-20 per cent as against pre-pandemic levels & as high as 30 per cent in some residential localities.

BENGALURU TENANTS WITNESS UP TO 45% RENT SURGE, EVEN IN...
Ray claims the landlord increased the rent to Rs. 13,000 in March and then again to Rs. 18,000 in October 2022 - a whopping 45 percent hike in less...

RENTAL HIKE HITS BENGALURU'S HOME SEEKERS - TIMES OF INDIA
Home seekers are on the edge as rents are being hiked by 25 per cent on an average, post COVID.

Dr. K V SATISH
CHAIRMAN, DS-MAX GROUP

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'Nothing to worry about'

BBMP requests IISc to take up Manjunath Nagar flyover audit

| Sridhar Vivan
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A file photo of the Manjunath Nagar flyover; after reports of cracks surfacing on Manjunath Nagar flyover, BBMP officials said that it was safe for commuting and citizens have nothing to fear about their safety

The Bruhat Bengaluru Mahanagara Palike (BBMP) is waiting for an Indian Institute of Science (IISc) team to inspect the Manjunath Nagar flyover, as the grade separator is showing signs of cracking. However, the civic agency has stated that there is nothing to worry about and there is no proposal to stop the traffic movement.

Reacting to Bangalore Mirror's Thursday report, 'Cracks on yet another flyover', BBMP Chief Engineer (Projects), Vinayak Sugur, said, "The work on Manjunath Nagar flyover began on March 14, 2016, and was completed on August 27, 2018. However, bulging has recently been noticed on the Reinforced Earth Wall (RE Wall) of the flyover. To prevent further bulging, the technical team has recommended nailing for 52 RE walls."

The Civil Engineering department of Bangalore University (BU) had earlier been requested to conduct an investigation. BU engineers conducted a thorough study and submitted a report to the BBMP on February 15, 2022. The report stated that due to the verticality of the structure, bulging was observed in the RE panels. To strengthen the panels, 12-foot-long iron pipes have been fixed. The panel is being checked every week to verify the bulge and no differences have been found so far.

BangaloreMirror
Cracks on yet another flyover

BM's report on April 6 spoke about cracks being spotted on Manjunath Nagar flyover by citizens

Despite the BU report's findings, the BBMP requested feedback from IISc, and a letter has been sent to the institute. Based on the feedback received, the BBMP will initiate the appropriate course of action. BBMP officials said that they have not detected any issues on the flyover to date.

There is no hindrance to traffic movement, and commuters can travel on the flyover without fear, they said.

> **"Bulging has been noticed on the Reinforced Earth Wall of the flyover. The technical team has recommended nailing for 52 RE walls**
>
> – Vinayak Sugur, BBMP

However, motorists have expressed concerns about the quality of the work, citing the bulging of the RE panels as proof of substandard work. Nagappa V, a techie, said, "This incident calls for BBMP to make the audit of flyovers public. The BBMP has been claiming that it has been conducting an audit of the flyover, but none of us have any clue as to what the audit report states. We have similar instances at MES flyover where the infrastructure project has been shut multiple times for periodic maintenance. Unless we have the audit report, people are not convinced as to how many flyovers in the city are safe. It is better to take action to avoid any major tragedies."

Motorists say that the Palike should inspect all flyovers that have been recently built connecting Chord Road. The Chord road is a crucial link that connects Tumakuru Road to Mysuru road via Rajajinagar and Vijayanagar.

The agency has been constructing a series of flyovers to make the entire road a signal-free junction. Although commuters are happy about the signal-free project as it is saving time, they are worried about how safe the construction is.

Better days here on Old Madras Road

| Y Maheswara Reddy
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TWEETS @BangaloreMIRROR

Thousands of motorists who have been struggling for the last few months to commute on Old Madras Road heaved a sigh of relief on Thursday. With the opening of the stretch between Anjaneya Temple and 100 Feet Road Junction for vehicular traffic, commuting on this road has become hassle-free.

"With the opening of this stretch on both sides, traffic jams are not happening at crossroads and at traffic junctions on 80 Feet Road and other areas. I have visited the road and commuted on it four times. I find vehicular traffic on this road free from all hurdles," said CV Raman Nagar MLA S Raghu.

The MLA said that the stretch between Adarsha Junction and the Petrol Pump has been closed for vehicular traffic due to white topping of the road. "The white topping of the stretch in front of Ramakrishna Ashram will be completed in 15 days. After completing it, white topping of the stretch between Anjaneya Temple and the traffic junction on D Bhaskaran Road will be taken up. The other side of the road (from the traffic junction near Halasuru Lake) towards Anjaneya Temple was completed a few months ago," he said.

Meanwhile, motorists, auto-rickshaw drivers, and two-wheeler riders were happy with the BBMP. They said that it was very difficult to commute on Old Madras Road during peak hours due to the closure of one side of the stretch for traffic.

"Earlier, I used to take more than 20 minutes to reach Adarsha Junction through the crossroads of Indiranagar due to the closure of Old Madras Road for traffic. Now, I reach the junction within five minutes," said Naveen H, a two-wheeler rider.

Demanding the BBMP authorities to complete the pending work, especially the development of footpaths along the road, Nagamani N, an auto-rickshaw driver, said that there are no traffic snarls on Old Madras Road. "I want the BBMP authorities to complete the pending work as early as possible to avoid pedestrians walking on the busy road," Nagamani said.

The stretch between Anjaneya Temple and 100 Feet Road Junction opened for vehicular traffic on Thursday

BBMP Executive Engineer Priyadarshini said the pending work, especially the development of footpaths, would be completed in a few days.

"Pending white topping work on this road will be completed by the end of this month," she said.

Old Madras Road was in the news as it was the first road in the city to have a stretch (in front of Indiranagar Police Station) developed by using Rapid Road Technology. Chief Minister Basavaraj Bommai inspected the road in December 2022.

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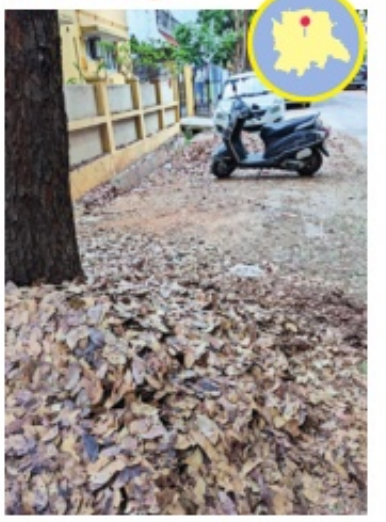

Dry leaves have been lying on the roadside in Sahakar Nagar for over a month.

Residents ask

Aralimara Road

Residents of Aralimara Road want to know the reason behind drill work in the area.

Manage better

Puttenahalli

3rd Main, BOB Colony in Puttenahalli needs proper management and proper garbage disposal.

Keep the faith

The Karaga procession that started from Dharmaraya Temple enters Hazrat Tawwakal Mastan Dargah, in Bengaluru on Friday; An altar boy holds the crucifix of Lord Jesus Christ as the city observed Good Friday

Turn the volume down

City in no mood to quiet down as vehicular noise pollution does not seem to be on pollution board and traffic police radar

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At two silent zones in the city, decibel levels are way too high

It has been nearly five years since the Karnataka State Pollution Control Board (KSPCB) has been monitoring Bengaluru's decibel levels through 10 noise monitoring stations. But, it has not seen any sign of the city calming down. The monthly noise pollution data by KSPCB shows that decibel values in some silent and residential areas have gone up when compared to the levels in 2018.

As per the last one year's noise pollution data, Bengaluru has been breaching the prescribed decibel limits at multiple spots and occasions by a wide margin.

According to the Central Pollution Control Board's (CPCB) specifications, the permissible sound level (dB) in a silent zone during the day is 50 dB, and during nighttime is 40 dB. However, the noise monitoring station at two silent zones in the city - Mysuru Road and NIMHANS - recorded much higher decibel levels throughout the year. While the nighttime decibel level at NIMHANS station ranged between 47 and 71 dB, at Mysore Road station, it reached nearly 90 dB in October 2022 instead of the prescribed value of 40.

Mysore Road station recorded a high noise pollution level during the daytime with decibel levels ranging from 69.1 dB in March 2022 to 87.5 dB in October.

Residential areas too recorded high decibel levels at night.

KSPCB has 10 noise monitoring stations under various categories, including silence zones, and residential, commercial, and industrial areas. While the decibel levels in industrial and commercial areas appear to be within the limits, the silent zones and residential areas exceed the prescribed norms.

Experts say the high decibel values in silent and residential zones are mostly due to vehicular traffic. Incessant honking and illegal use of multi-tonal horns and shrill horns coupled with lax enforcement and lack of awareness are the reasons behind the booming city.

"The traffic department has been boasting of a contactless enforcement system. Why can't they keep an eye on illegal honking cases?" said Rajkumar Dugar, founder, Citizen 4 Citizen.

Activists say noise pollution is not on the radar for enforcement agencies. The regulatory agency KSPCB is busy just monitoring the pollution levels. According to anti-noise pollution activists, authorities are not willing when it comes to enforcing the laws and penalising defaulters. According to Raja Kannan, a resident of in Hulimavu and an anti-noise pollution crusader, many traffic personnel are hand in glove with drivers.

"I have been told by traffic police personnel that noise pollution management is not on their radar. There is no awareness of laws and penalties in case of unnecessary honking. Many traffic police personnel are hand-in-glove with truck and water tanker drivers. Even if you complain about illegal horns in these vehicles, the officials accept bribes and let these vehicles pass," said Kannan.

> **"Neither KSPCB nor traffic police crack down on vehicular noise pollution that is the main cause of high decibel levels in silent zones and residential areas** –R Dugar, C4C

RAJMOHAN SUDHAKAR

EVER CHANGING MOODS

Write to him at c-rajmohan.sudhakar@timesgroup.com

Wealth of a nation

Can ill-gotten wealth of gargantuan proportions and absolute power over state machinery shield persons in the realm of politics or business from legal scrutiny of their excesses? We are in the year 2023 after all.

When public anxiety looms over allegations that hard earned money of citizens 'safe and secure' in public sector financial institutions was spent without their conscious consent by a private entity, expectation of reassurance from the administration to the public is natural.

Response to the opposition's demand for inquiry, discussion and debate in the parliament on Adani's controversial transactions was lost in rhetoric.

If the persons in question were amassing riches at the cost of the public exchequer on the back of undue political leverage while aiding to quell media scrutiny, anti-incumbency, critique and dissent on social media alongside unfairly targeting members of the parliament who raise their constituents' earnest queries at the houses, how fair is the balance of power in the era of tech supposedly raised to further checks and balances in a democracy?

Pre-tech, historical instances point to dubious politicians gathering their 'precious' stuff and escaping when the situation spirals out of control and the cover of pliant bureaucracy, paeans-singing media, subservient law and order and weakened jurisprudence is blown inevitably by exploding public anger.

In most cases, of which there are many for the reference of the discerning reader, the person or individuals in question flee the country with whatever they can gather in the final scramble to save their lives as public rage erupts.

Instead if the persons remain in the country, could they be thereafter put on trial and convicted for crimes against humanity, now that we have a two-year sentence awarded for a defamation conviction?

However, accountability wanes as persons in power amass mountains of wealth which their enablers eye too, furthering social inequities nonetheless. Safe passage is assured, if the country looted is in the impoverished global south, or may not be even necessary any more.

A vivid recollection of such an instance appeared in the London Review of Books in a piece written by Sheila S Coronel, professor at Columbia's Graduate School of Journalism, about the infamous Marcos dictatorship - of president Ferdinand and wife Imelda Marcos of the Philippines - that finally collapsed in the 1980s.

"I saw for myself Imelda's thousands of pairs of shoes, the giant bottles of perfume and other luxury goods that the family, in their hasty retreat, hadn't managed to fit into the two US army planes that flew them to exile in Hawaii. When they

landed in Honolulu, customs officials listed the possessions they had managed to remove, including 22 crates of cash, 413 pieces of jewellery and 24 gold bricks bearing the inscription 'To my husband, on our 24th anniversary'. Other riches were already safely abroad: $10 billion in Swiss bank accounts, Liechtenstein 'foundations', Manhattan real estate, hundreds of paintings (by Michelangelo, Monet, Goya – the list goes on) and mind-boggling numbers of jewels," she wrote.

Coronel further points to how Ferdinand's son has now grabbed power again in that country through dubious means engaging digital media to weave in fake narratives about the legacy and sacrifice of the Marcos family.

In India, as we hear of public money diverted to private business from PSUs, great institutions such as the State Bank of India, Life Insurance Corporation and so on, essentially the financial vertebrae of our national collective, and as recently as allegations go, from the employees' provident fund, no doubt, doubts abound. People fear for the wealth of this great nation; is it being plundered and siphoned off to tax havens?

Uber rich political parties in a nation of the poor, farmers and labourers, strike a dissonant note if not make up an absurd paradox. The wealth amassed by the ruling party at the Centre runs into thousands of crores of rupees. At the same time a gathering of thousands of farmers, labourers and workers in the national capital in protest against Centre's 'anti-farmer/labour policies' failed to draw the mainstream press and was blacked out the other day.

A press that does not straighten its stance even after the apex court upholds its freedom in a judgment as recently as in the Media One case is tragic for the world's largest democracy.

When operating with such immense riches, it is absurd that the power centre is afraid of free expression of the individual, the press or a rival political outfit. On the contrary, it is seemingly caught in a bizarre obsession to choke the aforesaid entities through absolute control over information.

Likewise, failure to face up to the questions of constituents put through their representatives in the parliament is unbecoming and unfortunate for any democracy. This is reflected in the fact that we have seen zero press conferences of the prime minister in the past nine years after the last one by ex-PM Dr Manmohan Singh.

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

CRYSTAL PLUMAGE
A painted stork fishing in Puttenahalli Lake

The picture was clicked by BM reader **Trideep Chowdhury**

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

DID YOU KNOW?

Majestic Bus Station was opened in 1969. Also known as Kempegowda Bus Station, it is built on the location of Dharmambudhi Lake, which dried up in 20th century. The station is known to provide bus connectivity to most of the areas in Bengaluru. Hence, it is one of the most important landmarks in the city. It has two major sections that offer intra-city buses by Bengaluru Metropolitan Transport Corporation (BMTC) and the other side offers intercity buses. The premise also has the Nadaprabhu Kempegowda (Majestic) metro station, and Bangalore City Railway Station, which is also known as Krantivira Sangolli Rayanna Railway Station. It is said that the station got its name from a cinema theatre of the same name. Later, it was named in honour of Kempe Gowda.

GET HEARD WITH MIRROR
9591233247
Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

where Bengalureans speak their mind

Tell us how you save electricity in your day-to-day lives.

Vishnu, BM Reader
To conserve electricity on a daily basis, I always remember to switch off appliances when they are not in use or when leaving a room. I also unplug my chargers and other electronics. It is essential to regularly check on appliances since poorly maintained ones consume more electricity.

Shashi, BM Reader
As a homemaker, I make it a practice to ensure that the entire family eats together to save on gas and electricity. Putting in a load of washing at the same time is also a sensible way of conserving resources. It is a good idea for everyone in the house to spend some time in a common room.

Daisy Sarma, BM Reader
Saving electricity in our daily lives is essential to reduce our carbon footprint. I follow simple practices such as turning off fans, lights, and other gadgets when not in use. I have also installed solar panels and energy-efficient light bulbs to reduce my reliance on grid electricity.

Nirmala Reddy, BM Reader
One of the ways my family conserves electricity is by using less water from the overhead tank. This means we do not have to pump water as frequently, which in turn reduces our electricity usage.

Amita Prabhu, BM Reader
We can save a significant amount of electricity by simply switching off installations when they are not required. It's important to educate children about the importance of energy conservation from a young age.

Gopal Shastry, BM Reader
As an environmentally conscious individual, I have implemented various measures to save electricity. These include installing power-saving gadgets, using the geyser for limited periods only when required, and switching on the AC only when necessary.

SPEAK TO US
In the light of upcoming elections, what are your demands as a citizen in terms of healthcare?
If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

Breath of spring: Here's to celebrating togetherness

Assamese community gears up to share its celebration of new year with others in Bengaluru

Iffath Fathima
Iffath.Fathima@timesgroup.com
TWEETS @BangaloreMIRROR

The Assamese community in Bengaluru has found a home away from home in the city, where many have come to study or find employment. To showcase their rich cultural heritage and celebrate their traditional festivities with the citizens of Bengaluru, the Assam Society of Bangalore is organising its spring festival on April 9 at Freedom International school ground, HSR Layout.

The spring festival, or Assamese New Year, is a time of celebration for the Assamese community, where people don new clothes and welcome the New Year with song, dance, and cultural programs. The Bihu dance, which is a vital part of Assamese culture, is known for its brisk steps and rapid hand movements. The dancers wear colorful costumes centered around a red color theme, symbolising joy and energy.

The event will feature the Assamese traditional dance, Bihu

The event will feature the Assamese traditional dance, Bihu, as well as an array of delicious food and displays of Assamese instruments. Visitors can also explore a variety of north eastern vegetables like 'Kaji Nemuh' (Assam lemon), and Dhekia Haak fern, which are unique to the region, as well as pickles and handicraft products. The festival will also feature noted singer-composer Zubeen Garg.

Garg expressed his enthusiasm for the event, saying, "I am very excited to perform at the 22nd Bihu Festival in Bengaluru. The Bihu festival and Bihu songs are very close to my heart."

Debashree Sengupta, member of the executive committee of Assam Society of Bangalore said, "Spring Festival marks the Assamese New Year, and it is special because it is for the northeast community in Bengaluru. More than 2 lakh plus people are from only Assam. We are an association that was very active during covid, and we helped people stay in Bengaluru by providing them with groceries and vegetables to poor people from northeast for their survival."

She added that the organisation is dedicated to promoting brotherhood and social-cultural harmony. The idea to celebrate the spring festival in the city is to get together with the citizens of Bengaluru and celebrate Assamese culture together.

Folks, next time you spot a snake, don't kill it please

Case lodged with Cubbon Park police after cobra is killed at park by an unknown person

| Y Maheswara Reddy
c-y.reddy@timesgroup.com
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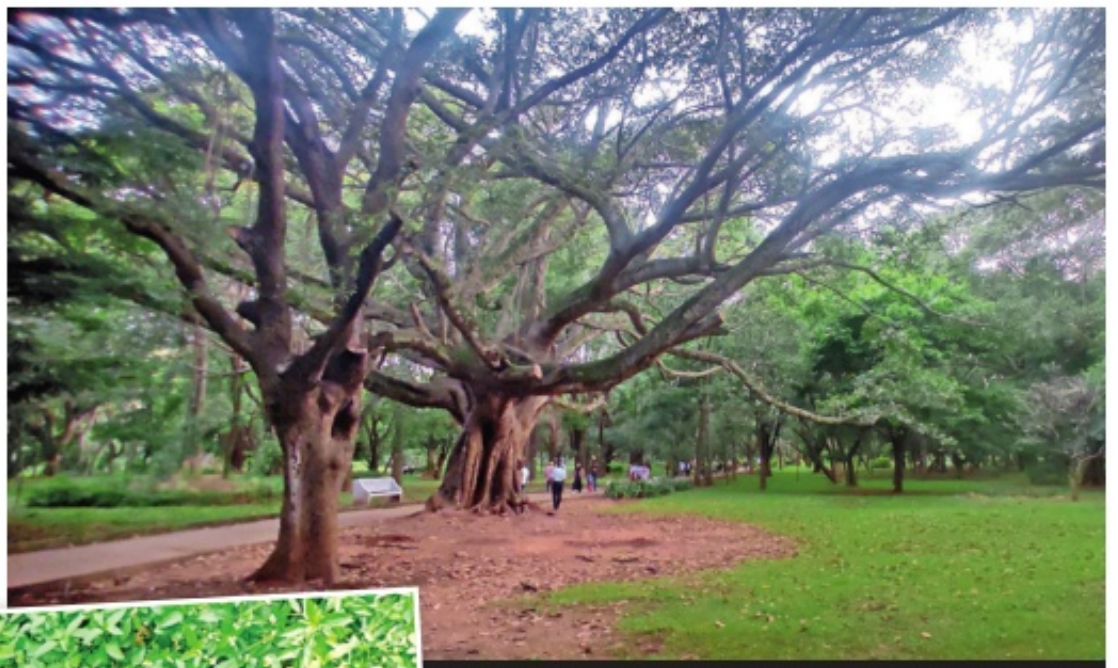

Cubbon Park is home to different fauna; snakes are known to often crawl out from drains and holes in the heat

The Horticulture Department Deputy Director (Cubbon Park) has lodged a complaint with Cubbon Park police after a cobra was killed at the park on Thursday by an unknown person.

According to sections 9, 39 of the Wildlife Protection (Amendment) Act, 2022, killing a cobra is a non-bailable and punishable offence.

"I received information about killing a cobra by an unknown person. I lodged a complaint with Cubbon Park police requesting them to visit the spot and take necessary action against the accused person," said Horticulture Department Deputy Director (Cubbon Park) HT Balakrishna.

The Deputy Director said the snake carcass was sent for post mortem. "It is for the first time that a visitor to Cubbon Park killed a snake. I want to appeal to the visitors not to kill snakes if they spot them in the park. There are snakes in the park. We have already put up caution boards about the existence of snakes in the park," he said.

He said that he would direct his subordinates to put up caution boards for the benefit of visitors. "Visitors should not kill or harm snakes in the park. They can inform us when they spot such reptiles," he said.

Adarsha J, a medical student and witness to the gory incident that took place on Thursday, said that there were three people on the spot. "There was a commotion and I thought that they were quarrelling among themselves. Later, I realised that one of them killed the snake with a log and a boulder. It would be better if the visitors inform the Horticulture Department or snake catchers," said Adarsha.

Appealing to the visitors not to kill snakes in Cubbon Park, Prasanna Kumar, a wildlife rescuer, said snakes come out due to excess heat in the summer as they could not remain in drains due to concretisation. "I appeal to the public, especially those who visit Cubbon Park, not to kill snakes. They can contact me on 9902794711 if they happen to come across snakes. I or my colleagues will rescue the reptiles," said Prasanna Kumar.

> **"I appeal to the public to not kill snakes, especially if they see one at Cubbon Park**
>
> —Prasanna Kumar, a wildlife rescuer

Bengaluru Urban District SPCA member Arun Prasad said that cobras are protected species under Schedule I of Wildlife Protection Act and hence natural habitats must be protected and more awareness needs to be created for their conservation.

Sniffing for trouble

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The forest department is set to receive support from trained 'sniffer' dogs in their efforts to combat smuggling in the forests. This move comes in response to growing incidents of illegal wildlife trade and the cutting down of precious trees like sandalwood and red sanders.

According to Dr Dipankar Ghose, director of Wildlife and Habitats Programme, WWF-India, the trained sniffer dogs will be a valuable asset for forest, railways, and security personnel to prevent smuggling in the forests.

Ishwar Singh Duhan, Inspector General, ITBP and Director, National Training Centre for Dog and Animals also expressed his confidence that the sniffer team would be a boon to the forest personnel in preventing smuggling.

The new recruits consist of six German Shepherds and their 12 handlers, who underwent a seven-month-long training programme at the Basic Training Centre, Indo-Tibetan Border Police Force (BTC-ITBP) camp in Panchkula, Haryana in September 2022. During the training, the dogs learned sniffing and tracking skills and were trained to detect tiger and leopard skins, bones, and other body parts, bear bile, red sanders, and other illegal wildlife products.

The use of wildlife sniffer dogs for wildlife crime prevention and detection has been a game-changer in India, and they play a critical role in protecting wildlife from illegal trade.

A forest official remarked, "Due to the vastness of the forests and the limited number of forest personnel, it is challenging for us to monitor every corner of the forest."

He added, "We are well aware of the vital role that these dogs play, and we believe that they can help us protect the forests."

CBSE students, time to think critically

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The Central Board of Secondary Education (CBSE) has announced a change in the question paper format for exams in 2023-24. The decision is in line with the National Education Policy, 2020, which emphasises on developing critical and creative thinking skills in students.

The composition of question papers for grades nine and ten has been slightly modified from the previous year. In the 2022-23 academic session, 40 per cent of the questions were competency-based questions, 20 per cent were objective questions, and the remaining 40 per cent were short answer/long answer questions.

However, in the 2023-24 academic session, 50 per cent of the questions will be competency-focused in the form of MCQs/cased-based, source-based integrated Questions, or any other type.

Around 20 per cent of the questions will be select response type questions (MCQ), and the remaining 30 per cent will be constructed response questions (short answer/long answer-type questions, as per the existing pattern).

Similarly, for grades 11 and 12, 30 per cent of the questions were competency-based questions, 20 per cent were objective questions, and the remaining 50 per cent were short answer/long answer questions in the 2022-23 academic session.

However, for the next year's board exams, 40 per cent of the questions will be competency-focused, 20 per cent will be select response type questions (MCQ), and the remaining 40 per cent will be constructed response questions (short answer questions/long answer type questions).

Analytical thinking

Competency based questions are now taking an upper hand in the exams conducted by Central Board of Secondary Education (CBSE). Minister for Education Dharmendra Pradhan said, "The objective is to evaluate students' understanding, analytical skills, and conceptual clarity instead of their ability to memorise and reproduce information."

> **CBSE announces new format where questions will challenge students' critical mindset**

With a greater emphasis on questions that assess application of concepts in real-life situations, students will be better equipped to meet the challenges of the 21st century proactively, said a board official.

Keep away from cycle tracks

CONTINUED FROM PAGE 1

said: "Frequently, I see cars parked on this stretch on the cycle track itself, because of which me and other cyclists are unable to cycle here. The situation is the same in the morning and evening.

What should a cyclist do in such situations? On one hand we have the necessary infrastructure, but on the other it is encroached upon. So where should the cyclists go? Every time cyclists voice an issue, no action is taken," he said.

"While travelling to work in the morning, I noticed this track. I have seen many cars parked on this stretch on a regular basis. I have reported such incidents in the Public Eye app of Bengaluru Traffic Police (BTP). Most of the time, the complaint will be closed without imposing a penalty, stating that the image was not clear. BTP should be more proactive in controlling such violations," cyclist Anirudh said.

Cyclists also pointed out that it is high time violators were fined for encroaching upon cycle tracks. Only then, they said, will people be more aware and stop encroaching the space.

"Stricter enforcement of rules on no parking on footpaths or cycle lanes is required in Bengaluru. In many parts of Bengaluru, motorbike riders take it for granted that footpaths can be used by them. This can be seen in roads which are having heavy traffic. This is the fate of cycle tracks as well. Bollards should be placed to prevent entry of motor bikes on footpaths and cycle lanes. Heavy penalties should be imposed on people riding or parking on cycle tracks," Anirudh added.

In addition, the cyclists told BM that online campaigns should be started by government departments to create public awareness on cycling tracks and to encourage motorists and pedestrians to respect the designated space for cyclists.

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I, Rizvi Imran, S/O Nasim Haider Rizvi, residing at CG01 ALAYA ESSEM 18 AMBALIPURA, HARALUR ROAD, BENGALURU 560102 have changed my name to IMRAN RIZVI for all future purposes.

I Mufaddal Akil Dewaswala S/o Akil Dewaswala, residing at #17/17-2, 9th A Cross Wilson Garden, Bengaluru-560027 hereby declare that I have change my name from Mufaddal Akil Dewaswala to Mufaddal Dewaswala vide affidavit dated 04.04.2023, sworn before Notary S.Jayanth, Bangalore.

I, Yasha Rizvi, D/O Sayed Sajjad Ashraf, residing at CG01, ALAYA ESSEM 18, AMBALIPURA, HARALUR ROAD, BENGALURU 560102, have changed my name to YAASHA RIZVI for all future purposes.

I, BEENA PHILIP, #17, Ground Floor, Chinnappanahalli , Marathahalli Post , Bengaluru North - 560037 I have changed my name to BEENA KISHORE, Vide affidavit dated 06/04/2023 Sworn before Notary: V. Rajashekhara, Bangalore

I, Pooja Nagaraja d/o Nagaraja Venkatapparedy r/o # 225 Koppa Village Hulimangala Post Jigani Hobli B'luru-560105 have changed my name to Pooja Nagaraj Reddy for all Purposes.

I, Simran S Jain w/o Akshit Bhansali R/a Flat no F-702,ETA The Gardens Apartment,No.9 Binnyston Garden, Magadi Road, Bangalore -560023, after my marriage I have changed my name to Smt. Simran Bhansali vide affidavit dated 15/03/2023 sworn before notary Smt. Vatsala, Bangalore

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Meet Ahsoka
Makers of the upcoming highly-anticipated spin-off series 'Ahsoka' unveiled the official trailer of the film at the Star Wars Celebration in London

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Who's it gonna be?

Three talented actresses in consideration for lead role in Hrithik-Jr NTR starrer

It doesn't get hotter than this. Three beautiful and talented actresses are being hotly considered to star in the Hrithik Roshan-Jr NTR starrer 'War 2'. As things stand today, it will be either Deepika Padukone or Alia Bhatt or Sharvari Wagh. A final call is soon going to be taken depending on the date availability of the three ladies.

The film is not being directed by Siddharth Anand whose plans have apparently changed after the Shah Rukh Khan-led blockbuster 'Pathaan'. Both, 'War' and 'Pathaan' are franchises of Yash Raj Films (YRF). A few days ago, we at ETimes brought you the news that Ayan Mukerji will wield the megaphone for 'War 2'.

A source says, "The second part of 'War 2' is going to be even more thrilling than its first part. The pre-production work has begun."

Adds the source, "The consideration and the zeroing down on the three names that are being considered for the female lead's role has created quite a buzz in the YRF office." — ETimes

Enroute to B'luru?

Time and again Virat Kohli and Anushka Sharma have proven that they are a match made in heaven. The two are always spotted together at public events and if they are not, then they are heading to meet each other.

On Friday morning Anushka Sharma was spotted at the Mumbai airport. The rumours mills are abuzz that she is off to Bengaluru to be with Virat for his next match against Lucknow, after his team was defeated at Eden Gardens against Kolkata Knight Riders.

At a recently concluded sports awards night, Anushka had revealed that Virat was her 3 AM friend. In her funny and quirky revelation she said, "But we don't want to be awake at 3 am, we sleep very early, we have no interest in being awake at 3 am. 9:30-9:45pm we are asleep." She also added the Virat just can't surprise her anymore. — ETimes

If you want some action, you will get it here

VEERAM
3.0 RATING ★★★☆☆
- **DIRECTOR** Khadar Kumar
- **ACTORS** Prajwal Devaraj, Srinagar Kitty, Rachita Ram, Shruthi, Achyut Kumar, Deepak
- **CERTIFICATION** U/A
- **Duration** 161 minutes

Veeram is the story of an affectionate sister who wants her brothers to lead a decent life and the circumstances that compel her brothers to opt for violence.

The film revolves around the market mafia and politics of violence. It begins with a goon trying to get a grip on the APMC Yard Committee. Deva (Raja Balwadi) ensures his candidate is on the committee by removing Sadashiva (Achyut Kumar) unceremoniously. Later the scene shifts to Sadashiva's family. His wife Saraswati (Shruthi) wants her two brothers to do their graduation and lead a dignified life in society. However, circumstances compel Sarawasthi's brother Narasimha (Srinagar Kitty) to follow Deva's arch rival Govinda (Mico Nagaraj). Saraswathi asks Narasimha to get out of her house. She advises her younger brother Veeru (Prajwal Devaraj) to focus on education.

Veeru happens to meet his classmate Dhatri (Rachita Ram) one day and he falls in love with her. When Veeru is all set to attend an interview for a job, police arrest him and his brother Narasimha for Deva's murder but Govinda manages to get them released from custody. Deva's son Jeda (Deepak) enters the scene and kills Narasimha. What happens to Veeru is what this film is about.

Prajwal Devaraj is at his best. His acting skills in action scenes are superb and the credit must go to stunt masters. His dialogue delivery is effective too. Srinagar Kitty as the elder brother has acted well. He shares the screen with Prajwal till the pre-intermission session.

Deepak aka Shishya Deepak, who debuted in Kannada movies with Shishya, plays the villain in this movie in a convincing manner. Rachita Ram, known as Dimple Queen, looks beautiful. Shruthi, as an affectionate sister who sacrifices everything for the welfare of her brothers, has acted well. Achyuth Kumar has provided good support. Mico Nagaraj and Raja Belawadi are convincing as market mafia dons who can go to any extent to get a control on major markets in the city.

The film's songs are good, especially Kelo Mahadeva, sung by Ananya Bhat, which is full of devotion. Lyrics by Dr V Nagendra Prasad and music by J Anoop Seelin are good.

Had the director avoided one or two action scenes, Veeram would have been a good one for all kinds of audiences.

As it stands, this is a film for action movie lovers.

—Y Maheswara Reddy

Biscuits and tea

Actress Taapsee Pannu is setting some major fitness goals with her latest Instagram post.

On Friday, Taapsee took to the photo-sharing application and dropped a few pictures in which she is seen flaunting her washboard abs, which she refers to as biscuits in jest, in the caption.

"Months of grilling and hard work only so I could have the biscuits and he could have his cup of tea. Sujeet Kargutkar you finally have the picture and I'm off to have my chole bhature and croissants," she captioned the post.

Dressed in black gym wear, the actress can be seen flexing her core muscles with her trainer.

Taapsee's images surely act as a source of motivation for many.

"Woaaah....inspiring," a social media user wrote.

"Wow wow wow," another one wrote.

Meanwhile, on the film front, Taapsee will be seen starring opposite superstar Shah Rukh Khan in 'Dunki'. It is helmed by Rajkumar Hirani. — ANI

Ticket rush: Some delay here, some dissent there

BJP to finalise candidate list soon, says BSY; murmurs of discontent get loud in Congress

POLL VAULT

File photo of KPCC president DK Shivakumar trying to convince the supporters of a party ticket aspirant at the Congress Bhavan on Queen's Road

Former Karnataka Chief Minister and Bharatiya Janata Party leader BS Yediyurappa on Friday said that the party will soon finalise the list of candidates for the State Assembly elections, scheduled to be held on May 10.

Yediyurappa, who is flying down to the national capital to take part in BJP's Central Election Committee meeting along with CM Bommai, said that the party will finalise the candidates' list for the 224 seats soon.

"I am going to Delhi today for the BJP CEC meeting. We will finalise all seats as early as possible and that is why I am going," Yediyurappa said ahead of his flight here.

Asked about the Congress party's decision to give a ticket to Vinay Kulkarni, a former minister who is out on bail in connection with the murder of Zilla Panchayat member Yogeeshgouda Goudar, from Dharwad constituency, Yediyurappa said that this is the grand old party's internal fight and he doesn't want to comment on that.

On Asaduddin Owaisi-led All India Majlis-e-Ittehadul Muslimeen (AIMIM) planning to contest with the Social Democratic Party of India (SDPI) in Karnataka and impact on the results if they rope in JDS, the former State CM said, "This is up to them and it is not going to affect BJP." "The BJP is going to get absolute majority and we are going to form the government 100 per cent," Yediyurappa added.

Notably, while the opposition Congress and Janata Dal Secular have announced 166 and 93 candidates respectively so far, the ruling BJP is yet to announce its first list of candidates for the 224-seat assembly elections in Karnataka.

Uproar in Congress

Meanwhile, dissent has come to the fore following the announcement of the second list of candidates by the Congress even as the party leaders are underplaying the development.

Congress insiders, however, said that if the rebellion is not quelled, it is going to pose a serious challenge to the party in the Assembly elections.

The ticket aspirants who have missed the tickets, were staging protests, agitations and have warned that they would resign from the party membership and join the opposition.

The main contention is the priority given to leaders who had joined Congress recently from the BJP and JD(S) and neglecting the old party workers who claim to have put in efforts for years to build the party.

Raghu Achar, who missed the Chitradurga constituency ticket this time, has stated that he would join the JD(S) and contest against the Congress candidate. Sources said that Achar is certain to get a ticket from JD(S), and the Congress will have competition from its own leader here. Achar, a follower of Siddaramaiah, has said the Congress won't win a seat in the district.

The supporters of YSV Dutta, a senior politician who joined the Congress recently from JD(S), are angry over the allotment of Kadur constituency ticket to KS Anand.

While the opposition Congress and JD(S) have announced 166 and 93 candidates respectively so far, the ruling BJP is yet to announce its first list of candidates

The supporters are forcing Dutta to rejoin JD(S) and defeat the Congress candidate.

The Congress workers barged inside the party office in Mandya on Friday and vented out their ire on party leaders for issuing the ticket to Ravi Kumar. The supporters of KK Radhakrishna are disenchanted with the party. "If Radhakrishna is not assuaged, the party will have serious implications in the elections," sources explained.

Nagaraj Chabbi, aspirant for Kalghatgi constituency, has rebelled after the party allotted ticket to Santhosh Lad. Chabbi is preparing to resign from the party and join BJP.

The party's decision to allot a ticket of Monakalmuru constituency to NY Gopalakrishna, who joined the Congress from BJP, has angered party senior worker Yogesh Babu. In Shirahatti constituency of Gadag, the Congress workers are demanding a ticket for Raichur Ambanna. – Agencies

IN BRIEF

Clashes in Yadgir: Sec 144 imposed

After a clash broke out between Bharatiya Janata Party (BJP) and Congress supporters on April 6, section 144 of Crpc on Friday has been imposed in the Shorapur constituency of Yadgir district for two days.

A clash broke out between BJP and Congress supporters in Kodekal village of Hunsagi taluk on Thursday. The District Collector of Yadgir issued the orders.

The District Collector of Yadgiri has issued an order imposing a curfew in Shorapur Constituency from today till 8 pm on April 8.

Kalaburagi Northeast Zone IGP IGP Anupama Agarwala, Superintendent of Police C B Vedamurthy is stationed on the spot and trying to bring the situation under control.

The police have already registered four cases in connection with the incident. The police have registered a case under section 107 of the CrPC against 118 people who were involved in the riots and are taking further action. So far, 18 people have been arrested by the police.

It was reported that the BJP workers were said to have pelted stones at the cars of Congress leaders, and in the incident, the windows of the cars of 15 Congress leaders were completely smashed. Later, Congress workers counter-attacked.

Congress and BJP workers were also injured in the incident. ANI

No way

Reacting to Congress leader DK Shivakumar's promise of cancelling the scrapping of the 4% Muslim quota after coming to power, Chief Minister Basavraj Bommai said that the Congress party cannot even touch the reservation. His remarks came after Shivakumar on Friday said, "As soon as our government comes, we will cancel the reservation issue."

Filmy twists: JD(S) moves EC, seeks ban on Sudeep's movies

Janata Dal (Secular) on Friday wrote to the Election Commission, seeking a ban on the screening and telecast of movies, shows and commercials featuring the Kannada superstar Kichcha Sudeep, claiming they might influence voters in upcoming Assembly elections.

On Wednesday, Sudeep confirmed he would campaign for the ruling Bharatiya Janata Party (BJP).

Speculations were rife about Sudeep and fellow bigscreen star Darshan Tugudeepa joining the BJP. However, the former clarified that he would only campaign for "his friends" in the BJP as opposed to joining the party and would also not contest the May 10 Assembly polls.

The superstar was in the media spotlight for the better part of Wednesday amid speculations of his joining the ruling party.

Addressing a joint press conference with Karnataka Chief Minister Basavraj Bommai on Wednesday, Sudeep said, "I had no need to come here, and I am not here for any platform or money. I am here only for a person. I have high regard for CM Mama (Bommai). That's why I am announcing my full support to Bommai sir".

Yash not in mood to campaign?

Kannada superstar Yash has declined offers from politicians from parties in Karnataka to take up campaigning for candidates ahead of the May 10 Assembly elections, according to sources close to him.

Yash is very popular throughout the state and BJP, Congress and JD(S) have been continuously approaching him to rope him in as a star campaigner. However, Yash is focussing on his future project and rejected all offers by politicians.

In the last Assembly elections, Yash had campaigned for a few candidates. He and Kannada superstar Darshan, had camped in Mandya and campaigned till the last day and ensured victory of independent candidate Sumalatha Ambareesh against grandson of former PM HD Deve Gowda in Parliamentary elections. – Agencies

HEALTH TIP: Regardless of how busy your schedule is, make sure you catch good sleep at night as your body needs this time to recharge itself

Avoid sitting for long hours at your workplace or home; stand or walk whenever possible

mybangaloremirror@timesgroup.com
facebook.com/thebangaloremirror
@BangaloreMirror

THERE'S A LINK

...between obstructive sleep apnea and early cognitive decline

Researchers have shown obstructive sleep apnea (OSA) to cause early cognitive decline in middle-aged men, even in patients otherwise healthy and not obese.

The international study led by King's College London, UK, studied a group of 27 men between ages 35 and 70, newly diagnosed with mild to severe OSA but without any co-morbidities. The researchers have published their findings in the journal Frontiers in Sleep.

These patients formed a rare cohort for study because men and women with OSA have co-morbidities such as cardiovascular and metabolic disease, stroke, diabetes, chronic systemic inflammation, or depression.

"We show poorer executive functioning and visuospatial memory and deficits in vigilance, sustained attention, and psychomotor and impulse control in men with OSA. Most of these deficits had previously been ascribed to co-morbidities," said Ivana Rosenzweig, lead researcher and a neuropsychiatrist at King's College London.

"We also demonstrated for the first time that OSA can cause significant deficits in social cognition," said Rosenzweig.

CANTAB or 'Cambridge Neuropsychological Test Automated Battery' of tests were used to investigate the cognitive function of subjects.

"The most significant deficits...were demonstrated in the tests that assess both simultaneous visual matching ability and short-term visual recognition memory for non-verbalisable patterns, tests of executive functioning and cued attentional set shifting, in vigilance and psychomotor functioning, and lastly, in social cognition and emotion recognition," wrote the authors.

The authors conclude that OSA is sufficient to cause these cognitive deficits, which previous studies had attributed to the most common co-morbidities of OSA such as systemic hypertension, cardiovascular and metabolic diseases, and type 2 diabetes.

The men were currently neither smokers nor alcohol abusers, and were not obese (body mass index or BMI under 30). The researchers studied a group of seven age-, BMI-, and education-matched men without OSA as controls. The scientists also confirmed the OSA diagnosis of patients using WatchPAT test and video-polysomnography.

WatchPAT test is a sleep apnea diagnostic tool that utilises the peripheral arterial signal (PAT) for diagnosis and measures up to seven channels (PAT signal, heart rate, oximetry, actigraphy, body position, snoring, and chest motion) via three points of contact.

However, the scientists said that the mechanism through which this happens is unclear yet.

The authors speculated that the cognitive deficits are due to intermittent low oxygen and high carbon dioxide in the blood, changes in blood flow to the brain, sleep fragmentation, and neuroinflammation in OSA patients.

> **OSA is a condition whereby during sleep, the throat muscles of people with OSA relax and block the airflow into the lungs, so that they repeatedly stop breathing**

OSA is a condition whereby during sleep, the throat muscles of people with OSA relax and block the airflow into the lungs, so that they repeatedly stop breathing.

Common symptoms include restless sleep, loud snoring, daytime sleepiness, and prolonged headaches in the morning.

Major risk factors for OSA include middle or old age, being obese, smoking, chronic nasal blockage, high blood pressure, and being male. —PTI

MIRRORLIGHTS

The problem is in the air (pollution)

People exposed to higher levels of air pollution before the pandemic had lower antibody responses to covid vaccines, according to a study.

In particular, exposure to fine particulate matter (PM2.5), nitrogen dioxide (NO2) and black carbon was associated with about a 10 per cent decrease in IgM and IgG antibody responses in people without prior infection, the researchers said.

The findings, published in the journal Environmental Health Perspectives, provide further evidence on the adverse effects of air pollution on the immune system.

"Air pollution has been linked to adverse health outcomes, including lung cancer, cardiovascular and respiratory disease, and diabetes," said Manolis Kogevinas from the Barcelona Institute for Global Health (ISGlobal).

"Air pollutants have been shown to affect immune responses, so in this study we wished to determine whether air pollution also affects antibody responses to covid vaccines," said Kogevinas.

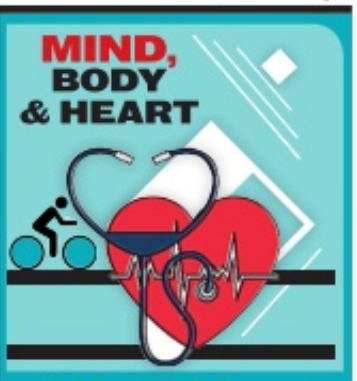
The team analysed data from 927 participants. All had received one or two doses of AstraZeneca, Pfizer or Moderna. The research team measured IgM, IgG and IgA antibodies to five viral antigens (three of them on the spike protein contained in the vaccine). Exposure to PM2.5, black carbon, NO2 and ozone (O3) was estimated for each participant based on their address before the pandemic.

The results show that in uninfected individuals, pre-pandemic exposure to PM2.5, NO2 and black carbon was associated with a 5 to 10 per cent reduction in vaccine-induced spike antibodies.

The decrease in antibodies was shown both for early IgM responses and late responses measured by IgG, the researchers said.

The IgG response after the first dose peaked later in participants exposed to higher air pollution levels, and lower IgG levels persisted for several months after vaccination. Results were similar for the three vaccines.

"Air pollution can induce chronic inflammation, which has been associated with a negative effect on vaccine efficacy," said Carlota Dobano, co-senior author of the study, —PTI



All problems solved

Dear Coleen

I'm a 28-year-old woman and I've been estranged from my mum for the past 10 years. I'm getting married in a few months' time and she suddenly wants to be back in my life and come to the wedding. All I've had from her in a decade is a handful of phone calls where she's complained about me and blamed me for everything that's wrong with her life. When I was growing up it was total chaos. My dad got out of the marriage when I was four and my mum wasn't fit to be a mother - she had dozens of terrible boyfriends, including one who was a drug addict and another who was violent.
She drank a lot and couldn't keep a job, and I was always sent into school in dirty clothes or without my lunch or money for trips.
I left as soon as I could and I've done well. I'm angry, but life is good now and I don't want to drag everything from the past up again. Please help.

COLEEN SAYS

Everything you've listed here about your childhood is horrendous but, reading your letter, I also found myself having empathy for your mum.

What a difficult life she's had and, obviously, she wasn't capable of being a good mother to you, which you deserved.

Maybe she was young when she had you and made a lot of bad choices, and perhaps she's realised that and wants to make amends.

I imagine she's carrying a lot of guilt too.

I don't think you can just say, "OK, come to the wedding". There's a lot to unpack from the past and whether or not you decide you want her in your life again, I think you need to approach it slowly and carefully. You could suggest meeting at a cafe where you both have to stay in control and have a conversation.

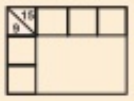
—Coleen Nolan, Daily Mirror

SOLVE IT IN A MINUTE

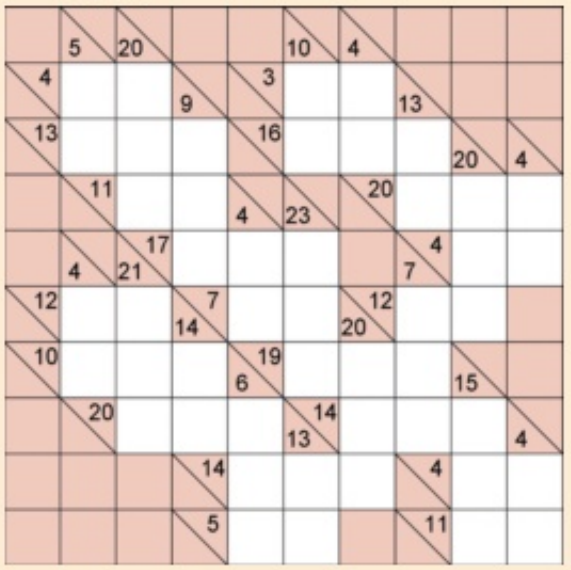
List all 2-digit prime numbers which are also prime numbers after their 2 digits switch places.

Kakuro

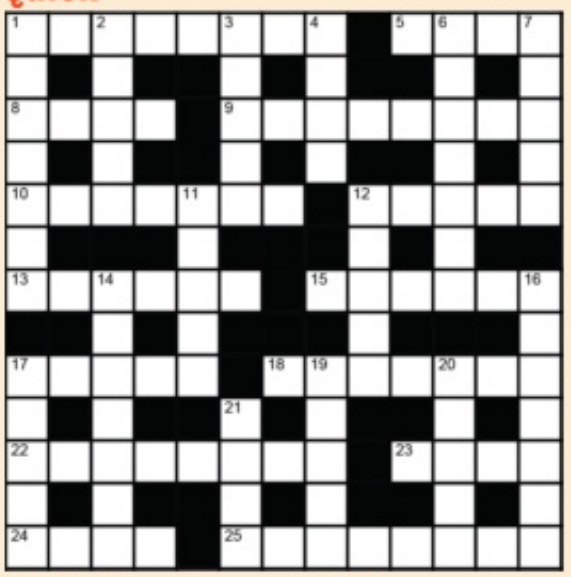
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Tagged or marked (8)
5 Tall, stately trees (4)
8 Heath (4)
9 Apportion (8)
10 One who entices (7)
12 Tugs (5)
13 Humiliate (6)
15 Target or casualty (6)
17 Long wooden seat (5)
18 Thought highly of (7)
22 Liable to fall from too great weight above? (3-5)
23 Concludes (4)
24 On one's own (4)
25 Authorise (8)

DOWN

1 Having constraints (7)
2 Burst into flower (5)
3 Rental contract (5)
4 Not bright or shiny (4)
6 Handbill (7)
7 Oracles (5)
11 Rubbish; nonsense (5)
12 In Greek legend, father of Paris and Hector (5)
14 Hospital on Airport road (7)
16 Fourth president of the USA (7)
17 Secures a cable (5)
19 Senior member of a group (5)
20 India's cricket trophy (5)
21 Low part in music (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: U EQUALS G

PHFADD TGP WNT WG RG DG-BAWQEHU JATGHR IQVW TGP QVCA VFNAVRT BVDWANAR, TGP IEFF HACAN UNGI.

Linemaro

You are the light at the end of my tunnel

Mindchow

To a mind that is still, the whole universe surrenders

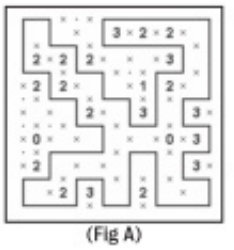
Joke of the day

My husband said he needed more space. So I locked him outside

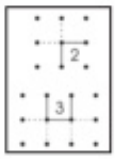
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



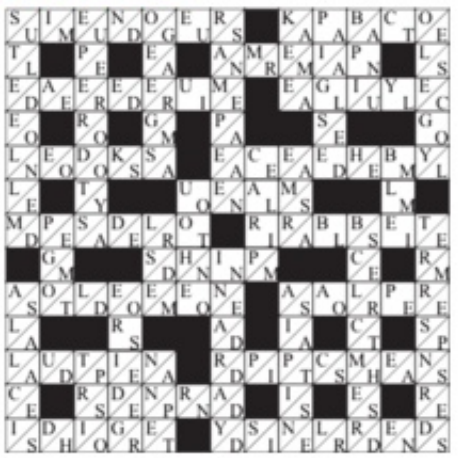
(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

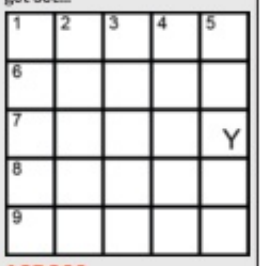
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

1 Lapse; 6 A gait;
7 Lay is; 8 Aleve;
9 Ruble

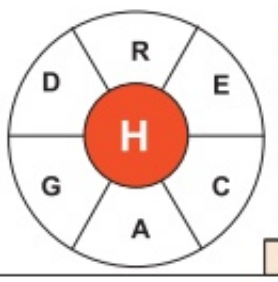
DOWN

1 B list; 2 Lease;
3 Pauli; 4 Ave Ga;
5 Early

Mensapuzzle

What number should replace the question mark?

Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge

3	2		5		6		8	1
	1	7				5	9	
		6				3		
			7	6	2			
4								7
			3	4	1			
		8				6		
	6	9				2	5	
2	5		6		4		7	9

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 21
1 5 6 9

Medium = 31
5 8 9 9

Hard = 20
2 6 7 4

Hocusfocus

Find at least six differences in details between panels.

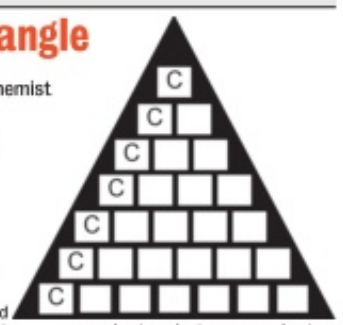
Differences: 1. Man is thinner. 2. Cap is different. 3. Arm is not showing. 4. Table is wider. 5. Window is not as large. 6. Bushes are missing.

Riddler

I'm a rare case where today comes before yesterday. What am I?

Alpha triangle

1 Vitamin type
2 Copper for the chemist
3 Mutt
4 Hold back
5 Morsel of bread
6 Hinder
7 Fall apart



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

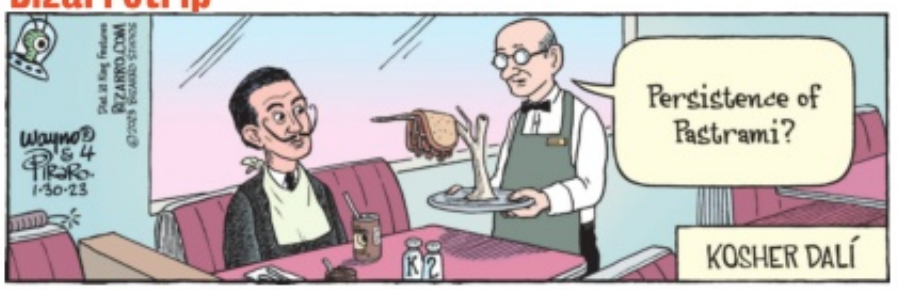
DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

IS THAT A MAN OUT THERE?
MUST BE A BUSH... IT HAGN'T MOVED SINCE I'VE BEEN HERE
KEEP WATCHING... IT COULD BE SOMEONE FROM THE GOVERNMENT

Bizarrotrip



Diamond Lil

And now, a message from the National Council on Rudely Cutting People Off:
IN THESE TRYING TIMES, IT'S IMPORTANT THAT WE REMEM
This has been a message from the National Council on Rudely Cutting People Off.

Hart of the city

I HAVE RETURNED AND WITH A CLEAN BILL OF HEALTH! WE CAN START THE PLAY NOW!
WE DID THE PLAY LAST WEEKEND!
I KNOW, LOUIS. I'M JUST JOKING.
OH. SO YOU'RE NOT HEALTHY?
YOU SHOULD PROBABLY GO BACK HOME.
LOUIS...

Crankshaft

WHAT SORT OF EMERGENCY ARE YOU CALLING ABOUT?
I'M NOT SURE HOW TO DESCRIBE IT...
IS SOMEONE ENDANGERING HIMSELF OR OTHERS? IS IT A MEDICAL EMERGENCY? IS IT A FIRE?
I THINK YOU'VE CHECKED ALL OF THE BOXES!

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today will be a busy day for you in terms of work. Overload may make you tired, but you will enjoy your work. Your mood will be good. You will not spend money on worthless stuff. You will be more polite with your family, friends, and loved ones. You may also get some good news from family members.

Taurus Apr 21 – May 20
Today, your plans will not work on the professional front, which will make you arrogant. You should try to avoid making important decisions in terms of investment and relationships. Couples and lovebirds should try to avoid arguments to maintain harmony in their relationships. Students should not choose shortcuts in their studies.

Gemini May 21 – Jun 21
Today, blessings from elders will give you confidence. You should follow your intuition before taking any initiatives, which will help you in your work. Your intuition will help you gain more in terms of finance. You will plan to visit some spiritual place with your family members. You should control your arrogance to enjoy your domestic life. Students will expect good results with the help of destiny.

Cancer Jun 22 – July 23
Today, before noon, you may feel happy and will enjoy your work. Afternoon onwards, negative feelings will make you dull. That will affect your professional life, and you will expect some domestic arguments as well. You should avoid lending money to anyone; it might not be recoverable easily. You will analyse yourself and figure out your negativities. Occult sciences will attract you today.

Leo Jul 24 – Aug 23
Today, you are blessed by the moon. You will be in a very good mood since morning. You will be more romantic as well, and it will fill harmony in your domestic life. Your patience will help you do your best professionally. You will see some coordination with your colleagues and business partners.

Virgo Aug 24 – Sep 23
You will be successful in controlling leakage and worthless expenditure, which will boost your bank balance. You should be careful about your kid's health. Singles can expect unexpected progress in terms of marriage. Persons related to travel, diplomats, and supply chain will do better. You should be careful about stomach issues.

Libra Sep 24 – Oct 22
Today, the moon will make you more sensitive and emotional. You should avoid investing in real estate or other options. You should take care of your parents' health. You will expect some delay in your work as well, and you shall face it with patience. On the professional front, you should not be indecisive.

Scorpio Oct 23 – Nov 22
Today, you will be glad; you will be able to maintain a balance between your earnings and expenditure, which will boost your finances. Your network will help you implement your plans. Your siblings and subordinate staff will be more helpful today. Plan to visit elders or a spiritual place.

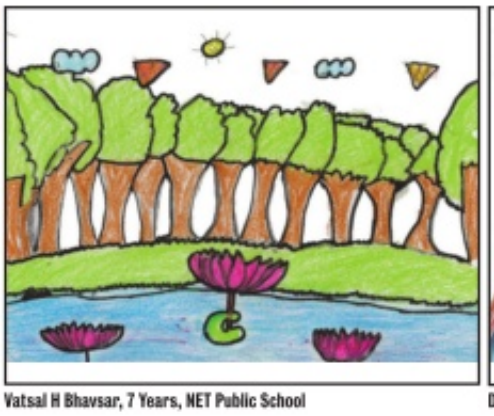
Sagittarius Nov 23 – Dec 22
Today, your energy levels will be high, which will make you happy and optimistic to fulfill your desires with the help of hard work.
You will plan to go for outings with friends and family to share your happiness. Students will see good news in terms of study.

Capricorn Dec 23 – Jan 20
Today, until late afternoon, the day is not good, and you may feel unhappy and become nervous. But after noon, you will be happier. Internal vitality will boost your self-confidence. You should avoid carelessness in making decisions in terms of finance, profession, and studies. Sometimes, you may face self-respect issues with your spouse, so you need to keep patience to avoid converting happy moments into bad moments. Lovebirds will plan for short trips.

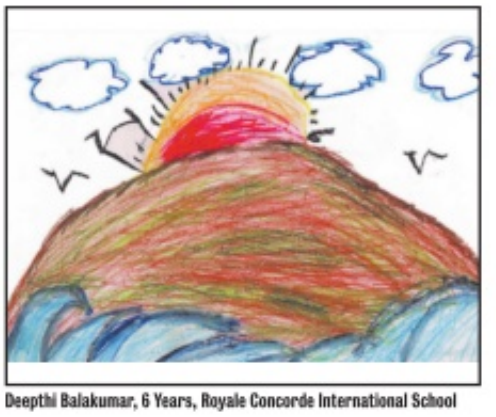
Aquarius Jan 21 – Feb 19
Today, your tendency to overspend may affect your savings. You should be careful while expressing yourself on both your work and domestic fronts. You should avoid lending money and postpone making important decisions regarding real estate and other asset issues. Try to avoid a tendency of shirking your responsibilities.

Pisces Feb 20 – Mar 20
Today, social get-togethers will help you re-establish your network, which will give you benefits in the near future. Those related to glamour, art, and fashion will plan to do something new in terms of their profession. Students will perform better today in terms of their studies, and love birds will enjoy their happy moments.

KIDZONE



Vatsal H Bhavsar, 7 Years, NET Public School



Deepthi Balakumar, 6 Years, Royale Concorde International School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
9 [11, 13, 17, 31, 37, 71, 73, 79, 97]

RIDDLER
A dictionary

STRIKE OUT

QUICK

MENSA PUZZLE
96: (6 × 5) + (2 × 4) =
38: (6 × 2) + (7 × 7) = 61:
(8 × 7) + (5 × 8) = 96

BULL'S EYE
ache, ached, arch, archer, arched, char, chard, charge, CHARGED, each, hard, hare, head, hear, heard, herd, reach, rhea

SUDOKU

2	5	3	6	1	4	8	7	9
1	6	9	8	3	7	2	5	4
7	4	8	2	5	9	6	1	3
6	7	5	3	4	1	9	2	8
4	3	2	9	8	5	1	6	7
9	8	1	7	6	2	4	3	5
5	9	6	1	7	8	3	4	2
8	1	7	4	2	3	5	9	6
3	2	4	5	9	6	7	8	1

ALPHA TRIANGLE
C, Cu, Cur, Curb, Crumb, Cumber, Crumble.

GO FIGURE
Easy
5 + 9 + 6 + 1 = 21
Medium
8 + 5 + 9 + 9 = 31
Hard
7 x 4 − 6 − 2 = 20

LOOP

KAKURO

FAST FIVE

S	E	P	A	L
T	A	I	G	A
I	S	L	A	Y
L	E	A	V	E
B	L	U	E	R

QUOTE UNCODE
Unless you try to do something beyond what you have already mastered, you will never grow.

Volume No 15, Issue No 46 RNI NO:KARENG/2007/22411 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018 and printed by him at Fourth Estate Ltd, No. 9/10/11-A, 4th Main, Bommasandra Industrial Area, Hosur Road, Bengaluru 560099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamarajpet, Bengaluru 560 018. Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon – responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

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— Dr Sweta Budyal, consultant endocrinologist, Fortis Hospital, Mumbai
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